

## Women and Depression

**January 13, 2010**  
**9 – 11 a.m.**  
**Course Code: T233**

### Presenter:

<p><b>Jennifer Barkin, PhD</b>          Post Doctoral Scholar          Psychiatric Epidemiology Training Program          Western Psychiatric Institute and Clinic of UPMC</p>	<p><b>Chiara Ghetti, MD</b>          Assistant Professor of Obstetrics, Gynecology, and          Reproductive Medicine          University of Pittsburgh School of Medicine</p>
<p><b>Michele Okun, PhD</b>          Assistant Professor of Psychiatry          University of Pittsburgh School of Medicine</p>	<p><b>Dorothy Sit, MD</b>          Assistant Professor of Psychiatry          University of Pittsburgh School of Medicine          Western Psychiatric Institute and Clinic of UPMC</p>

### Program Description:

This program is designed to provide information on depression in women, including a risk benefit model to evaluate treatments for depression and bipolar disorder during pregnancy and postpartum; outcomes data from drug exposures in pregnancy and postpartum; novel treatments for bipolar disorder; and maternal function in women with postpartum depression.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- examine the risks and complications of untreated maternal depression
- identify women with depression risk during pregnancy and postpartum using screening tools like the Edinburgh Postnatal Depression Scale (EPDS)
- assess maternal function in depressed pregnant or postpartum mothers
- explain the five domains of reproductive toxicity risks related to pregnancy exposures to untreated depression versus treatments for depression or bipolar disorder
- acquire knowledge about drug and non-drug treatment options for maternal depression and bipolar disorder

### Target Audience:

Psychiatrists, psychologists, social workers, nurses, and other mental health professionals who work with women with depression and their families

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

### Tuition:

This program is free of charge.

To register, go to <https://www.valueoptions.com/forumRegistration/displayForumInfo.do> and select Pennsylvania from the State dropdown list.

Registration information: Kimberly Tzoulis (724) 744-6377 or [Kimberly.Tzoulis@ValueOptions.com](mailto:Kimberly.Tzoulis@ValueOptions.com)

## Attention-Deficit/Hyperactivity Disorder (ADHD) across the Lifespan

January 27, 2010  
9 – 11 a.m.  
Course Code: T234

### Presenter:

**Oscar Bukstein, MD, MPH**  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic of UPMC

### Program Description:

This program will provide information concerning attention-deficit/hyperactivity disorder (ADHD) throughout the life cycle including the etiology, course, and prevalence of ADHD; the optimal use of standard scales and other tools to make a diagnosis of ADHD; and using stimulant and other medications, including the newest pharmacologic agents, to control the core symptoms of ADHD while minimizing risk and adverse effects.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- examine the etiology, course, and prevalence of ADHD
- identify standard scales and other tools to make a diagnosis of attention-deficit/hyperactivity disorder (ADHD) throughout the life cycle
- describe stimulant and other medications, including the newest pharmacologic agents, to control the core symptoms of ADHD while minimizing risk and adverse effects

### Target Audience:

All clinical and research professionals, students, and trainees, as well as interested family members and consumers

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

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### Tuition:

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## Treating Personality and Substance Use Disorders

**February 10, 2010**  
**9 – 11 a.m.**  
**Course Code: T235**

### Presenters:

**Frances Campbell, APRN BC, MEd, CARN**  
Program Director  
Center for Psychiatric and Chemical Dependency  
Services  
Western Psychiatric Institute and Clinic of UPMC

**Thomas M. Kelly, PhD**  
Program Director  
Adolescent Dual Diagnosis Program  
Addiction Medicine Services  
Associate Professor of Psychiatry  
Western Psychiatric Institute and Clinic of UPMC

### Program Description:

Co-occurring substance use disorders (SUDs) and personality disorders are common among individuals seeking help in either a psychiatric or addiction setting. Over half of those with a SUD have a personality disorder. Among those with antisocial personality disorders, 84 percent have co-occurring SUDs; 67 percent of those with borderline disorders have a SUD. This combination of disorders creates challenges for professional caregivers. This workshop will help participants increase their understanding and skill in working with clients who have these disorders.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- review the prevalence of co-occurring personality disorders and addiction
- examine relationships between these co-occurring disorders
- identify problems commonly associated with these co-occurring disorders
- discuss clinical strategies to facilitate recovery of clients with personality disorders and SUDs

### Target Audience:

This program is directed toward clinicians and other professionals from both the mental health and substance abuse treatment fields who work with individuals with co-occurring disorders.

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

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### Tuition:

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## Psychopharmacology of Bipolar Disorder in Children, Adolescents, Adults, and the Elderly

February 24, 2010  
9 – 11 a.m.  
Course Code: T236

### Presenter:

**David Axelson, MD**

Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Director, Child and Adolescent Bipolar Services  
Western Psychiatric Institute and Clinic of UPMC

**Edward Friedman, MD**

Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Psychiatric Adult Services  
Western Psychiatric Institute and Clinic of UPMC

**Ariel Gildengers, MD**

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Psychiatry  
Western Psychiatric Institute and Clinic of UPMC

### Program Description:

Individuals who have bipolar disorders may be on a variety of medications. This program will review medications and other areas of treatment that are commonly used to treat bipolar disorders over the lifespan of the individual. Participants will also learn about medication issues as they relate to children, adolescents, adults, and the elderly.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- identify issues related to medication use in children, adolescents, adults, and the elderly with bipolar disorder
- review medications used to treat bipolar disorder across the lifespan
- describe some potential side effects that may occur during treatment

### Target Audience:

Psychiatrists, psychologists, social workers, nurses, and other mental health professionals who work with individuals with bipolar disorder and their families

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

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### Tuition:

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## Autism in all Phases of Life

March 10, 2010  
9 – 11 a.m.  
Course Code: T237

### Presenters:

**Ryan Cramer, LSW**

Clinical Coordinator, ASERT Regional Autism Center  
Center for Autism and Developmental Disorders  
Western Psychiatric Institute and Clinic of UPMC

**Ginger Martin, PsyD**

Psychologist  
Center for Autism and Developmental Disorders  
Western Psychiatric Institute and Clinic of UPMC

### Program Description:

This program will provide a review of the diagnostic criteria for autism spectrum disorder as well as an overview of the specific diagnostic assessments and protocols used. In addition, this presentation will provide an overview of the needed supports and interventions for both children and adults with autism spectrum disorder as well as their families.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- review diagnostic criteria for autism spectrum disorders
- describe screening tools and diagnostic tools for autism spectrum disorders, including the ADOS
- examine best practice treatments and interventions for communication deficits, social skill deficits, and behavioral challenges in children and adults with autism
- identify statewide efforts to enhance supports for individuals with autism and their families

### Target Audience:

Psychiatrists, psychologists, social workers, nurses, and other mental health professionals who work with individuals with autism and their families

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

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### Tuition:

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## Interaction between Physical Illness and Mental Illness in the Elderly

March 24, 2010  
9 – 11 a.m.  
Course Code: T238

### Presenters:

**LalithKumar K. Solai, MD (Coordinator)**  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Medical Director, Geriatric Psychiatry Service  
Western Psychiatric Institute and Clinic of UPMC

**Additional faculty to be announced**

### Program Description:

This videoconference will examine the interaction between physical illness in the elderly and mental illness. Discussion will center on health risks often associated with mental illness and will demonstrate how addressing these health problems can improve an elderly individual's mental health symptoms. Strategies that professionals and families can use to address physical health issues for the elderly with mental illness will be described.

### Educational Objectives:

At the conclusion of this program, participants should be able to:

- describe the serious physical health risks experienced by elderly individuals with mental illness
- demonstrate how addressing physical health issues can positively affect mental illness
- provide strategies mental health care workers, consumers, and family members can implement to address physical health issues for the elderly individual with mental illness

### Target Audience:

Psychiatrists, psychologists, social workers, nurses, and other mental health professionals who work with elderly individuals with physical and mental illness and their families

### Continuing Education Credits:

ACT 48 – 2.0	CAC – 2.0	CME – 2.0
CPRP – 2.0	NBCC – 2.0	PCHA – 2.0
Psychologist – 2.0	SW – 2.0	General CEU – 0.2

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### Tuition:

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## Continuing Education Credit

Each program is offered for the designated number of continuing education credits

### **PHYSICIANS: CME**

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates these educational activities for a maximum number of *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity.

### **EDUCATORS: ACT 48**

Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Western Psychiatric Institute and Clinic adheres to the Act 48 Continuing Education Guidelines.

### **CERTIFIED ADDICTION COUNSELORS: CAC**

Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Addiction Counselor (CAC) continuing education credits for those participants attending the entire program.

### **CERTIFIED PSYCHIATRIC REHABILITATION PRACTITIONERS: CPRP**

The announced credit hours for each program can be applied to your training hours for the Certified Psychiatric Rehabilitation Practitioners (CPRP).

### **COUNSELORS: NBCC**

Western Psychiatric Institute and Clinic is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic adheres to the NBCC Continuing Education Guidelines.

### **CERTIFICATE OF ANNUAL ADMINISTRATOR TRAINING – PERSONAL CARE HOME ADMINISTRATORS**

The indicated number of clock hours are approved by the Department of Public Welfare Bureau of Adult Residential Licensing. These clock hours may count towards the 24 hours of annual training for administrators required in **55 Pa. Code Chapter 2600** (relating to personal care homes).

### **PSYCHOLOGISTS**

Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for these programs and their contents. These programs are being offered for 2.0 continuing education credits.

### **SOCIAL WORKERS: SW**

The indicated number of credit hours of continuing education is provided through co-sponsorship of the University of Pittsburgh School of Social Work, a PA-approved provider of social work continuing education. These credit hours satisfy requirements for LCSW renewal. For information of social work continuing education, call (412) 624-3711.

### **MENTAL HEALTH PROFESSIONALS: CEU**

Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours.

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*In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the conference.*

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs **at least two weeks** in advance of the program by calling (724) 744-6377.